

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
H755R

RECEIVED
★ JUL 2 1936 ★

PLANNING THE FARM FAMILY FOOD SUPPLY

A radio talk by Mrs. Rowens Schmidt Carpenter, Bureau of Home Economics, U. S. Department of Agriculture, delivered in the Home Demonstration Radio Hour, August 5, 1936, and broadcast by a network of 51 associate NBC radio stations.

--ooOoo--

Greetings to all of you:

I am sure you are impressed as I am with the fine way in which Mrs. Johnston of Ohio has tackled and solved her food budget problem. I am glad you have heard her interesting story because it is just this kind of careful planning for well-balanced diets the year around that I came over to talk to you about today. Planning what the family will need in the way of food for a whole year doubtless seems like a strange sort of performance to any of you who live in the city and plan on a weekly or perhaps even a daily basis. But those of you who live on a farm know from firsthand experience how desirable it is to work out a yearly food budget, planning to make the farm provide all that it can in vegetables, fruit, meat, eggs, milk and even flour and cereals. Your canning program must of course be a part of the whole plan, if the surplus of the abundant months is to help carry you through the unproductive winter months.

If any of you are not accustomed to planning a food supply for the year, you are perhaps asking yourselves "How in the world would I know how much my family will need of this, that, and the other kind of food?" That is what nutrition specialists in the Bureau of Home Economics and in the Extension Service are prepared to tell you. The quantity of different kinds of food a family requires during a year depends upon a number of things,- the most important one is, of course, the nutritional needs of family members. If you have active men in your family, you know from experience in cooking for them that they need more than you in the way of food. If you have an active boy who is just completing his growth, his food requirements will be even greater than those of his father. Very young children, even though they are vigorous and growing, require on the whole the least food of any one in the family,- and so it goes. Nutritional needs of the family group must, then, be decided first of all.

But nutritional needs can be satisfied by different assortments of food. Some of these assortments are more expensive to grow or to purchase than others, and some suit the family tastes better than others. In the Bureau we call these carefully worked out assortments of food "diet plans". Some of them have a larger proportion of fruits and vegetables, milk, meat, and eggs than others; the cheaper assortments have a considerable amount of cereal and milk with just enough of vegetables and fruits and animal products to protect health. The latter kind of plan is helpful to the farm family just getting started on its food production program.

The kind of diet plan that you are likely to choose for your family depends in part upon your way of living, or to say it another way, upon your

(over)

level of living. This is more or less determined by what you are accustomed to having of the good things of life, but it has in recent years been determined for many families by the amount of cash and other resources available for farming and for household needs. Many families who, as a rule, live on a very comfortable scale have reduced their level of living because of drought or flood or other conditions that have decreased resources from a liberal to a minimum level of living.

Even under normal conditions, there are differences from one farm family to another in the possible scope and success of home food production and preservation programs. This may be due to the kind of farming the family is engaged in, to the fertility of the land, to the time that family members feel they can give to gardening, and so on.

In order to have suggestions for almost any farm family who is launching out on a yearly food budget, we have worked out six diet plans that differ in nutritive value, in the amount of variety they offer from meal to meal and from day to day, and in the cost of buying or producing the food. These diet plans are outlined in a mimeographed circular called "Planning Farm Family Living", which you may have if you wish by writing to the Bureau of Home Economics. If you feel sure you are not interested in the two most varied and expensive of the plans, there is another mimeographed circular prepared by the Extension Service which discusses four of those plans. It would help us decide what to send you if you say whether you will aim towards a liberal diet, or towards a diet that is adequate but can be attained at the least possible cost. In any case, if you wish help on your food budget, write to the Bureau of Home Economics in Washington, or to your own State or County extension service. Often your local home demonstration agent can give you especially valuable help because she is familiar with the climate and other conditions that affect food production. Your home demonstration agent may also have a canning budget to send you, along with suggestions for the year-around food budget plan. However you do it, alone or with the help of a nutritionist, we are wishing you the success that Mrs. Johnson has had in making her farm feed her family well.

=====